



# CLASSIC HOT TOTTY



Serves: 1  
Prep: 5 mins  
Cook: 0 mins



Nutrition per serving:  
103 kcals      0g Fats  
12g Carbs      0g Protein

## INGREDIENTS:

- 1 measure brandy, whiskey or rum
- 1 tsp. honey
- 2 cloves
- $\frac{1}{2}$  cinnamon stick
- Slice of lemon + some juice
- Water or tea

## PREPARATION:

1. Boil the kettle.
2. Place the chosen alcohol, honey, cloves, cinnamon, and lemon slice in a warmed glass.
3. Top with boiling water or freshly brewed black tea.

LC    V    Q    DF    GF

